### 990089 - Western Omelet

Recipe HACCP Process: #1 No Cook  
Source: 2017-2018  
Number of Portions: 100  
Portion Size: Each

<table>
<thead>
<tr>
<th>Ingredient #</th>
<th>Ingredient Name</th>
<th>Measurements</th>
<th>Instructions</th>
</tr>
</thead>
</table>
| 990313       | Frittata w Ham and Veg CARGILL *         | 100 EACH     | Wash hands for 20 seconds in a hand sink, dry properly, and put on gloves before beginning preparation. Repeat process as often as needed per HACCP guidelines.  
NOTE: DO NOT ALLOW OMELET TO THAW. COOK FROM FROZEN STATE.  
Directions  
1. Prepare the workstation by cleaning and sanitizing all areas.  
2. Gather all ingredients for preparation.  
3. Preheat oven to 300 degrees.  
4. Place omelets in a single layer on sheet pans sprayed with pan coating spray.  
5. Place in oven and bake for 5-10 minutes. Product must reach an internal temperature of 145 degrees for 15 seconds.  
6. Transfer to 2" hotel pans. Place in warmer maintaining an internal temperature of 140-150 degrees.  
Serving: One omelet will provide 2 oz. meat/meat alternate  
THIS PRODUCT MUST BE COOKED “JUST IN TIME.”  
*TCS Food

*Nutrients are based upon 1 Portion Size (Each)*

<table>
<thead>
<tr>
<th>Calories¹</th>
<th>140.000 kcal</th>
<th>Total Fat</th>
<th>10.000 g</th>
<th>Total Dietary Fiber</th>
<th>0.000 g</th>
<th>Vitamin C</th>
<th>6.000 mg</th>
<th>64.286% Calories from Total Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturated Fat¹</td>
<td>4.500 g</td>
<td>Trans Fat²</td>
<td>0.000 g</td>
<td>Protein</td>
<td>10.000 g</td>
<td>Iron</td>
<td>0.000 mg</td>
<td>28.929% Calories from Sat Fat</td>
</tr>
<tr>
<td>Sodium¹</td>
<td>520.000 mg</td>
<td>Cholesterol</td>
<td>230.000 mg</td>
<td>Vitamin A</td>
<td>10.000 IU</td>
<td>Water</td>
<td>0.000 g</td>
<td>0.000% Calories from Trans Fat</td>
</tr>
<tr>
<td>Sugars</td>
<td>1.000 g</td>
<td>Carbohydrate</td>
<td>2.000 g</td>
<td>Calcium</td>
<td>10.000 mg</td>
<td>Ash</td>
<td>0.000 g</td>
<td>5.714% Calories from Carbohydrates</td>
</tr>
<tr>
<td>Moisture Change</td>
<td>0.000 %</td>
<td>Fat Change</td>
<td>0.000 %</td>
<td>Portion Cost</td>
<td>$0.769</td>
<td>28.571% Calories from Protein</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Type of Fat</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td></td>
</tr>
</tbody>
</table>

*N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
* - denotes combined nutrient totals with either missing or incomplete nutrient data  
¹ - denotes required nutrient values  
² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.
## Components

<table>
<thead>
<tr>
<th>Meat/Meat ALT</th>
<th>2 oz eq</th>
<th>Grain</th>
<th>oz eq</th>
<th>Fruit</th>
<th>cup</th>
<th>Vegetable</th>
<th>cup</th>
<th>Milk</th>
<th>cup</th>
</tr>
</thead>
</table>

### Allergens

- Milk
- Egg
- Soy

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